

T'ai Chi for Seniors

Instructor: Josh Fink

Tai Chi is a state of relaxation of both body and mind. If done regularly, it can improve muscle tone, flexibility, balance, and coordination. Many people find it boosts their energy, stamina, and agility, sharpens their reflexes, and gives a sense of overall well-being. This class is being run in conjunction with the Council On Aging & Recreation Department.

8 weeks

Intermediate:

Tuesday 2 - 3 pm
September 18 - November 6

Beginner:

Friday 2 - 3 pm
September 21 - November 9

For each class above:

@ Warren Building
\$30 Min: 8/Max: 20



Senior & Healing Yoga

NEW!

Instructor: Leslie Worris

Discover the joys of hatha yoga at a gentle, accessible pace. This class is for seniors and those living with a chronic illness. Postures are modified as needed, and students are encouraged to work within their limits to build strength, flexibility, and improve their balance and posture. Each class incorporates breath work, relaxation and meditation. You will learn stress reduction techniques that will broaden your ability to practice the art of relaxed living. The session can be of benefit to all levels of yoga practitioners, including beginners.

8 weeks

Thursday 1:45 - 2:45 pm
September 20 - December 8

@ Warren Building

\$70 Min: 8/Max: 15

Cardio Funk: For 50+

NEW!

Instructor: Beth Nast

As we age, exercising is even more important -- to help with quality of life, & keeping one's life long and happy. Exercise offers a wide range of benefits: weight control, lowers blood pressure, lowers cholesterol, cuts the risk of heart attack, strengthens your immune system, eases arthritis pain, protects against osteoporosis, fends off some forms of cancer, keeps you thinking sharp, and even brightens your mood. Oh, and let's not forget: It makes you look fabulous! In this small class you will move to all kinds of music and develop greater muscular strength, flexibility, balance, and cardio endurance. We'll do this in a gentle and fun way, so you won't even know you are working hard!

8 weeks

Tuesday 11 am - 12 pm
September 18 - November 13 (No class 10/16)

@ Warren Building

\$170 Min: 5/Max: 8